

No Claim Bonus  
Car Insurance  
Reliable  
Low Cost  
**R. R. Pattinson**  
COLEMAN, ALTA.

# The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

VOLUME 25 — No. 62

The Journal, Coleman, Alberta. Wed., May 16, 1956

single copy 7c

## Start 1956 Highway Program, Assemble Road Equipment

Department of highway crews have returned to the Crow's Nest Pass this week and have set up an office in the Kubik block in Blairmore. Highway engineers have been taking levels of the road through the Frank Slide, and are taking levels in the town of Blairmore.

Road equipment belonging to the Sundre Construction Company has arrived in the Pass and is parked near Bellevue awaiting settled weather to start construction of the new No. 3 highway. The road through the Frank Slide from Bellevue west through Frank to Blairmore and from the west end of Blairmore to a point near the Crow's Nest Pass Municipal highway was ready for surfacing last fall but had to be left over for this work due to the early winter weather conditions.

The section through the entire town of Blairmore was carried over last year to be done this year as a major project and will be done through the town where the road will be completely torn up and filled in, in preparation for surfacing. The town is at present inquiring into the possibility of having this done from the edge on both sides of the road paved to the sidewalk which would greatly improve the appearance of the town besides providing better drainage and a better curb system.

Grading equipment has been working through the Frank Slide and west of Blairmore for the past week and it is expected that with the return of warm weather work will get under way without further delay.

## Old Age Pensioners Plan Picnic

At a meeting of the Old Age Pensioners Association it was planned to hold a picnic for all members to be held at Crows Nest Lake. Members will be taken to the picnic by Dicken's Bus. A date for this event will be picked at the next meeting.

The executive reported a very successful fashion show and thanked all those who had donated and helped with this affair.

The convention of the Association will be held in Tuber and President Mrs. N. Goulding and Secretary E. Kostelnik will attend as delegates of the local club.

Mrs. N. Goulding welcomed the new members and thanked Mrs. J. Stevens for a cloth which she had donated and which will be raffled in the near future.

Following the meeting the assembly were entertained by the high school choir under the direction of Mrs. G. Cousins.

These voices were well trained and the selections well chosen, and both teacher and pupils can be very proud of their choir as they sing very well together. The choir was really enjoyed by all and well applauded.

Bingo was then played with Mr. Roberts winning the men's prize, and Miss M. Roughhead taking the ladies' prize.

The choir was again heard singing several selections, bringing a very enjoyable evening to a close.

## Victoria Day On May 21

Queen Elizabeth's birthday will be officially celebrated on Victoria Day, May 21, this year.

The proclamation of May 21 as Victoria Day and the day set aside to observe the Queen's birthday means that there will be no holiday Thursday, May 24, the traditional day upon which Victoria Day is celebrated.

Instead, the observance of May 21 as Victoria Day will give holiday a long week-end beginning Saturday, May 19, and ending on the Monday. A proclamation fixing May 21 as Victoria Day has been issued by the federal government.

Queen Elizabeth was born April 21. The official celebration of her birthday will thus be a month later this year.

## Legion Report Polio Funds Collected

Both Coleman and Blairmore reported this week on the Polio Fund canvass sponsored by the Canadian Legion branches in these communities.

The Coleman branch of the Legion reported that sum of \$321.25 had been collected from the following sources:

Bingo Night (gross receipts) \$192.50; Ladies' Auxiliary donation, \$10; U.M.W.A. Coleman \$25; Ladies' Auxiliary Baffle \$57; Un-solicited donations \$36.75.

Blairmore reported \$1,000 for the Polio Foundation.

President of the Blairmore branch of the Canadian Legion, Bert Moorehouse has announced that the local branch has sent the sum of \$1,000 to the Edmonton Polio headquarters. This amount was collected in a house-to-house canvass of Blairmore made by members of the Legion. A letter was received this week expressing the thanks of the Polio Foundation for its generous donations, and to the Legion for the active work done.

## Coleman Rodeo To Have Notables In Attendance

Mayor Wm. Hawrelak of Edmonton, and John Fisher, well-known CBC commentator, will attend the Coleman rodeo on July 7. Bing Crosby, Hollywood movie star and radio star, has been extended an invitation to attend.

Bing Crosby, well known Hollywood movie star, may be the star attraction of the Coleman rodeo and rodeo parade should he accept the invitation that has been sent to "Bing" by Chief of Police Edmund Corson, who is again parading marshal.

Mayor William Hawrelak of Edmonton, has been invited to attend the affair and will be one of the distinguished guests riding in the official cars leading the parade of the Coleman Rodeo. John Fisher, CBC commentator will also be in attendance at the affair, riding the lead of the proposed three-mile-long parade of floats.

According to parade marshal Corson, four bands, the Queen's Own Rifles Band of Calgary; the Calgary Elks Band, Crows Nest Pass Band and the Coleman Pipe Band, will be in attendance and it is expected that at least another four bands will enter. To date 81 floats have entered the stellar parade, with the Sicks' Ginger Ale having the honor of being the first float to file an entry. Floats have been entered so far from Crows Nest, Natal, Michel, Fennie, three from Cranbrook, Blairmore, Bellevue, Coleman, Lethbridge and Pincher Creek.

The RCMP headquarters in Lethbridge will be contacted in regard to getting more personnel here to lead the gigantic parade.

## Local School Trustees Attend Div. School Unit Meeting

A joint meeting of the Bellevue, Hillcrest, Frank, Blairmore and Coleman school boards was held in the Turtle Mountain playgrounds in Frank to consider the question of an enlarged school area for the Crows Nest Pass. The meeting, called by the Blairmore school board, was attended by over 30 school trustees.

The meeting elected T. J. Cosigan chairman of the Blairmore school board, as chairman, while C. M. Labarthe of Blairmore, was secretary.

Present at the meeting in an advisory capacity were Carl Johnson, high school inspector of Lethbridge; J. McKay, inspector of Pincher Creek, and William Kovach, MLA of Hillcrest.

After a full discussion which lasted two hours, a resolution was unanimously passed that the department of education in Edmonton send representatives to meet the combined school boards at an early date to address a meeting on all phases of an enlarged school area.

## Support Your Rodeo, July 7

At a recent meeting of the Rodeo Committee the following admission prices were set for the Rodeo Grounds; children - 25c, students - 50c and adults - \$1.25.

The "Rodeo Revue" which will be held in the arena at night will be a talent studded variety show. Tickets for the production will be \$1.00 for the adults and 50c for students. There will be a Free Bingo with prizes following the Revue.

All tickets purchased, whether for the Rodeo or the Revue will give the buyer a chance on a \$50.00 cash draw.

Members of the Ticket Committee are conducting an advance ticket sale and will be calling at the homes in the near future. Arrangements have been made for Payroll Deductions and Coleman Collieries Ltd., if desired by the purchaser. Get behind your Rodeo Committees to make all these events an outstanding success.

## Former Coleman Students Graduate

The following former Coleman students will graduate at the University of Alberta, Edmonton, on Thursday of this week:

William Kerr, B.Sc. in Geology.  
John Graham, B.Sc. in Civil Engineering.  
Donald Cherry, Doctor of Dental Surgery.  
Peter Allan, Doctor of Medicine.  
Frances Sikora, R.N., Diploma in Nursing Instruction

## Canadian Legion Ladies' Auxiliary Hold Rally

Some 200 women "invaded" Coleman on Wednesday afternoon when one of the largest rallies of the Canadian Legion Ladies' Auxiliary met in Coleman.

Representatives from auxiliaries at Claresholm, Fort Macleod, Vulcan, Pincher Creek, Bellevue, Blairmore and Coleman gathered at the Legion and paraded to the music of the pipes under Pipe Major J. Moore, to the Elks Hall where the business meeting was held.

On entering the hall the ladies found seating accommodation.

Mrs. H. Maslen, president of the Coleman Auxiliary, then opened the meeting by calling on the Sgt.-at-Arms and instructing her to accompany the various dignitaries to the stage. The flag bearers headed by Mrs. E. Guerard and Mrs. E. Campbell, presented the colors, some 11 in number. Then the honored guest, Mr. M. Drew, president of the Coleman branch of the Canadian Legion, and Mayor Frank Abousayyaf of Coleman. Then the presidents of the visiting auxiliaries, the provincial officers and finally, Mrs. M. Dexter, provincial president were escorted.

They were all preceded down the aisle by the Sgt.-at-Arms and the Coleman flag bearers to the music of a march played by pianist Mrs. E. Spievak.

Mrs. Maslen then introduced the various visiting dignitaries, Mr. Drew, Mr. Abousayyaf, Mrs. M. Dexter, Calgary, provincial president; Mrs. E. Pargetter, Calgary, provincial secretary; Mrs. I. Williams, Edmonton, first vice-president; Mrs. H. Mark, Blairmore, district commander; Mrs. H. Hunter, Vulcan, zone commander; Mrs. P. Jones, Coleman, zone commander, and Mrs. W. Anderson, Coleman, secretary, and welcomed all the visiting auxiliaries and hoped their stay in Coleman would be a happy one and that they would derive some benefit from this rally.

President Drew was then called upon and welcome the officers and auxiliary members to the rally. He stated that he hoped their stay would be pleasant and that anything the Coleman Legion branch could do they would be only too willing to give a helping hand. He wished the rally a successful meeting and hoped the visiting auxiliaries were called upon by the chairman and each extended their thanks and success for the rally. The zone commanders also expressed their sentiments.

The reports of the secretaries were then heard with the activities for the year since the last rally, being enumerated.

According to the various reports the year has been profitable for (Continued on Page 5)

## Remington Portable Typewriters

## Bishop Takes Funeral Service At Blairmore

The funeral of Mrs. C. J. Tompkins, formerly of Blairmore and now of Calgary took place in St. Mary's Cathedral in Calgary last Tuesday morning at 10 a.m. Solemn pontifical requiem mass was celebrated by His Excellency Most Rev. M. A. Harrington, D.D., Bishop of Kamloops, B.C.; Right Rev. Monsignor Smith, rector of St. Mary's Cathedral was Arch Priest, Deacons of honor, Very Rev. V. Crean, C.S.S.R. of Perpetual Help Church of Calgary, and Rev. L. Sullivan of Holy Name Church, Calgary; deacon of the mass was Rev. Denis Fleming of Coleman, and sub-deacon Very Rev. A. Anderson of Blairmore.

Priests present at the funeral mass were Rev. G. Gunnip, C.S.S.R., Rev. J. Spicer, C.S.S.R. both of Our Lady of Perpetual Help Church in Calgary; Rev. R. Sullivan of St. Anthony's, Calgary, Rev. J. Whelihan, C.S.B. (Basilian Fathers); Rev. Timothy Gilker, O.F.M., of Mount St. Francis Retreat House, Cochrane, (Franciscan Fathers); Rev. J. Smith, St. Anthony's Drumheller; Rev. M. McGreevy, St. Mary's, Bieseker; Rev. G. Doyle, Sacred Heart Church, Edmonton; Rev. S. Henke, Sacred Heart Church, Calgary; Rev. J. O'Brien, Rev. B. Belanger, Rev. E. Flanagan, all of St. Mary's Cathedral, Calgary.

Pallbearers were J. J. McIntyre, of Calgary, and formerly of Coleman; R. C. Old of Calgary, formerly of Blairmore; Frank Fleming of Calgary, and formerly of Blairmore; Charles Sartoris of Blairmore, and Leo Burns and Mr. Lynch of Calgary.

## Born In Nova Scotia

Mrs. Tompkins, '78, was born in Prospect, Nova Scotia, and came west to Frank with her late husband, C. J. Tompkins, in 1909. The family moved to Blairmore in 1924 where Mr. Tompkins operated an insurance firm for many years. They moved to Calgary 13 years ago and have resided in Calgary ever since. Mrs. Tompkins was a member of the Catholic Church and a member of the Women's League of St. Mary's Cathedral.

Surviving are three daughters, Kathleen, Mrs. J. A. Simpson of Lethbridge; Helen and Frances of Calgary, and two sons, Myles in Edmonton, and Jack of Bellevue, six grandchildren and one brother, William Christian in Prospect, N.S., and a sister Nan Christian of Eureka, Calif.

## Royal Purple to Hold Tag Day on Friday

The Coleman Royal Purple will hold a tag day on Friday, May 18th to raise funds to sponsor the bringing of the famed Calgary Elks Band to the Coleman Rodeo on Saturday, July 7th.

## Crows Nest Lake Pavilion to Open on Saturday

Mr. Maurice Drew was elected president, replacing Mr. Al Krywolt, who resigned a few weeks ago due to business reasons. Mr. Drew formerly held the position of first vice-president. This position will now be held by Mr. John McDonald. The position of second vice-president, formerly held by Mr. R. Crippen, who resigned some time ago, has not been filled to date.

Mr. John Smith was appointed head steward to replace Mr. Bill Makin, who resigned some two weeks ago, and Mr. Bill Jenkins was appointed second steward and janitor, replacing Mr. Jack Perrini, who resigned over a month ago to take a similar position in the Blairmore branch of the Legion. Mr. Drew stated that the general meeting held on Monday, May 7 was one of the best attended. Main point of discussion was the dues of pensioners.

The meeting went on record as supporting the motion that all pensioners should pay full dues.

## Announcement

Mrs. J. H. McLean announced the engagement of her daughter, Dolores Eleanor, to Edward Ronald Brushett, son of Mr. and Mrs. Wm. Brushett of Holden, Alberta.

The wedding will take place in St. Paul's United Church, June 3, at 4:00 p.m.

## Luxurious high-fat diet one big reason for heart attacks

After a thorough study of all known clues to why American men are so much more prone to heart attacks than men of some other nations, a distinguished scientist could put a finger on only one thing—the American "luxurious high-fat diet".

"The incidence of myocardial infarction among American men aged 50 is not simply a little higher than among men of the same age in populations who live on low-fat diets—it is many times higher," said Dr. Ancel Keys, di-

rector of the laboratory of physiological hygiene of the University of Minnesota.

He granted at once that neither he nor anyone else could prove that all of "this tremendous difference" was due to high fat diets alone. "But it is fair to say," he added, "that, except for physical exercise, no other clue is in sight." Even the concept that "stress and strain" is influential needs study because of the complete absence of evidence for its validity."

### Old theory dismissed

He dismissed the "stress and strain" theory by saying it is pretentious because of its "psychological basis"; then quoted approvingly the British scientist, Dr. E. M. Arnott: "How much nicer it is when stricken with a coronary thrombosis to be told that it is all due to hard work, hand-to-mouth ambition, and selfless devotion to duty than to be told it is due to gluttony and physical indecision."

Arnott was one of 25 world

scientists to whose works he referred in a technical bulletin circulated among physicians by the American Heart Association. He spoke also of a basis of his own investigations, of course. The "physical exercise" clue he minimized, too—because American manual laborers are many times more prone to heart attacks than manual laborers in countries with low-fat diets.

"Obviously, a major choice is looming, both for coronary patients and for potential coronary patients, and, unfortunately, the latter category includes most American adults at the present time," he said. "Are we to continue the trend towards higher and higher fat diets?"

### Too many calories

"In the past 40 years the national average has risen from about 30 percent of calories from fats to the current level of over 40 percent. Studies on the diets eaten by American soldiers show around 45 percent fat calories."

His idea was that no diet should obtain more than 20 percent of its total calories from fats. He was emphatic that he would never ask Americans to live on such unattractive diets as those of the Bantus of Africa among whom overweight men are not at all rare while heart attacks are very rare. "Reasonably low-fat diets can provide infinite variety and esthetic satisfaction to satisfy the most fastidious, if not the most gourmandous, among us," he said. "Cook books would need re-writing perhaps, and culinary skill would be at a higher premium than now."

### World congress of entomology

Some 1,500 of the world's foremost entomologists representing 60 countries will meet in Saskatoon this coming August 17-25 at the Tenth International Congress of Entomology. They will review progress made in controlling destructive pests in agriculture, forestry, manufactured food products and other fields. The Congress is under the patronage of His Excellency the Governor General of Canada and the national host is the Entomological Society of Canada.

### PATENTS

**OFFER TO EVERY INVENTOR**  
List of inventions and full information sent free. THE RAMSAY COMPANY,  
Registered Patent Attorneys, 272 Bank  
Street, Ottawa, Canada.

### Worry of FALSE TEETH

#### Slipping or Irritating?

Don't be embarrassed by false teeth that slip or feel uncomfortable when you eat, talk or laugh just sprinkle a little FASTEETH on your plates and glasses. It gives a remarkable sense of added comfort and security. It's safe, non-toxic, firmly. No gummy, coarse, pasty taste or feeling. It's alkaline (non-acid). Get FASTEETH at any drug counter.

### YOU CAN DEPEND ON

DODDS KIDNEY PILLS

When kidneys fail to remove excess acids and wastes, backache, fatigue, and disturbed rest often result. DODDS KIDNEY PILLS stimulate kidneys to remove wastes. You feel better—sleep better—have more energy. Get DODDS at any drug store. You can depend on DODDS.

50



S-141 — Zoe, left, and Margaret Fontana pore over patterns in Rome, Italy, as they prepare to fashion lace for Margaret's wedding dress. The young whose family name is a hallmark in the fashion world, refuse to divulge details of the design. All that is known is that the street-length gown for the April 1 ceremony will be of lace and tulle in beige. Margaret will marry newspaperman Clinton Daniel April 21, in Independence, Mo.

## Will challenge Shaw's scheme for alphabet

The British Museum will challenge George Bernard Shaw's bequest setting up a fund to increase the English alphabet to about 40 letters, one of Shaw's friends said recently.

J. L. Pitman, a British member of Parliament who knew Shaw well, said the suit will determine the disposition of a substantial sum of money from royalties earned on Shaw's writings since the famous dramatist and wit died in 1956 at the age of 94.

Shaw's will provided that if nothing is done about his scheme to change the alphabet, one of his pet hobby-horses, the fund would be split among the British museum, the Royal Academy of Dramatic Art, and the National Gallery of Ireland.

### 10 letters

Pitman said Shaw was irritated by the fact that a single letter in English can stand for several different sounds. He thought about 40 letters would attain his goal of one sound for one letter.

The public trustee, a government office administering estates, was directed to get the project going within 20 years, so there still is lots of time. But Pitman said he got the impression the public trustee's office doesn't care much for this task.

"It knows a lot about estates," he said, "but not very much about alphabets."

Pitman said Shaw's estate is still earning a lot of money.

"Royalties are still coming from many sources, and a really substantial sum is involved," he added, "but I am not permitted to reveal the figure."

Shaw's estate was estimated at about \$1,000,000 soon after his death. He made no specific bequests, the alphabet fund to be set up with the residue.

### Over-forty exercises

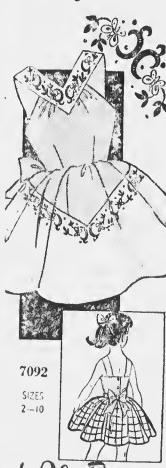
A reasonable amount of exercise is good for everyone old it should be suited to the age, weight and condition of health.

For the "over-forties" who have tendencies towards over-weight, the doctor should be consulted before any strenuous program is started. Most doctors approve walking, gardening, moderate golf and lawnbowling. For those who have always been swimmers, this too, will probably be allowed on the program for those in normal health.

## The Pattern Shop

### SUGAR-SWEET

This whirly dress for your little girl



7092

SIZES  
2-10

by Alice Brooks

Fashion loves a whirly dress—little girls do too! This one is the prettiest—with frosted embroidery, tied with a big bow!

Pattern 7092. Tissue pattern transfers, directions for making a gay pattern in children's sizes 2, 4, 6, 8, 10, State size.

Send thirty-five cents (35c) in coin stamps cannot be accepted for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

**Household Arts Department,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Order our Alice Brooks Needle Catalogue. Enjoy pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

Send twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

**Anne Adams Pattern Dept.,  
Department P.P.L.**

**60 Front Street W., Toronto.**

Please send to write plainly your Name, Address and Pattern Number.

To obtain this pattern send

Twenty-five cents in coins (stamps can be accepted) to:

# The Sports Clinic

(An official department of the Canadian Amateur Sport and Physical Fitness Development Service)

By Lloyd Percival

## The energy food of gladiators

Probably the oldest—and best—eaten and honey seem to have been the most popular food for honey. Records show that it was athletes in training.

The experiences of ancient trainers and athletes which led to the selection of honey as a training food have been repeated down through the years. Now it's a time tested food that is more popular than ever. Observers at the recent Winter Olympics reported that many of the teams and individual athletes used a mixture of tea and honey before, during and after competition as a quick energy pick-up.

We certainly recommend honey to any athlete looking for a fast and effective pick-up. It will help you prepare for all-out effort, or to recover your energy quickly after a hard game or practice session.

### What do about nausea

Many athletes are bothered by nausea if they are forced to exert themselves heavily during games or practices. This is particularly true in track and field, and it appears to be caused by the excess acid in the stomach caused by the muscular activity or undigested food.

.

This can be prevented by eating lightly and taking nothing but easily digested foods in the pre-effort meal, and by taking a medium dose of sodium bicarbonate 20 minutes before activity. Another very effective treatment is 15 drops of oil of peppermint in half a glass of water. Three or four peppermints after the pre-game meal also help.

**Tale care of your throwing arm**

Many injuries to the throwing arm are caused by carelessness. That's why our caring fisherman friend, the fellow across the dock from us, is tying his own dock this year.

Any player can injure a shoulder or elbow if he tries to throw too hard in the first week or two of his season. Particularly in this part of the season its vital to warm up well with plenty of easy throwing, and then to continue any throwing that must be done to medium pace concentrating on form and relaxation.

Build up gradually, and don't throw a heavy load on the arm until it is ready to take it. Remember, a baseball player with a bad arm will get nowhere, and what you do at the beginning of the season will affect your arm for the rest of the schedule, perhaps even for the rest of your life.

Any player can injure a shoulder or elbow if he tries to throw too hard in the first week or two of his season. Particularly in this part of the season its vital to warm up well with plenty of easy throwing, and then to continue any throwing that must be done to medium pace concentrating on form and relaxation.

Build up gradually, and don't throw a heavy load on the arm until it is ready to take it. Remember, a baseball player with a bad arm will get nowhere, and what you do at the beginning of the season will affect your arm for the rest of the schedule, perhaps even for the rest of your life.

## Quick Canadian Quiz

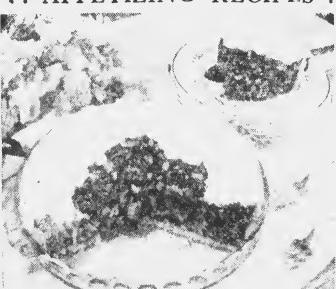
1. Name the longest river flowing into the Hudson Bay.
2. Average wage in Canadian manufacturing industry in 1938 was \$20 per week. What is today's average?
3. Which has the greatest value, Canada's annual wheat crop, Canada's annual gold production, annual output of Canada's primary textile industry?
4. What two Canadians were co-discoverers of insulin?
5. Canadian railways operate 6,328 passenger cars. How many freight cars do they operate?

Sports College has a number of a national service for the development of amateur sports and physical fitness levels in Canada. This output of the primary texts in the newspaper is placed to particular note in this paper in presenting "The Sports Clinic" to its readers in the best interests of this community. Further information on how you can benefit from this service may be obtained by writing to Sports College, Box 99, Fredericton, N.B.

(Material prepared by the editors of Quick Canadian Facts, the pocket annual of facts about Canada.)

5190 Toronto 1, Ont.

## APPETIZING RECIPES ::



Apples and prunes combine to make the filling for this fruit pie. Tender pastry is below, whipped cream on top.

### APPLE PRUNE PIE

- 1/2 cup chopped, stewed prunes
- 4 cups chopped apples
- 1 tablespoon grated orange rind
- 1/3 cup orange juice
- 1/2 cup sugar
- 4 tablespoons flour
- 1/2 teaspoon salt
- 1/4 cup prune juice
- 1/4 cup cooking molasses
- 2 teaspoons melted butter
- 1 cup whipping cream, well sweetened
- 3 unbaked 9-inch pastry shells

Combine chopped prunes, chopped apples, orange rind and orange juice. Mix together sugar, flour, salt, prune juice, molasses and melted butter.

Add to fruit mixture and thoroughly blend. Pour filling into unbaked pie crust. Bake in hot oven, 425 degrees F., for 15 minutes.

Lower temperature to moderate over, 350 degrees F., and continue baking; for 45 minutes longer. Cool pie and top with whipped cream for serving.



## Hope for new types of grain from U.K. atomic experiments

New strains of wheat, barley and oats may result from experiments now taking place at the U.K. Atomic Energy Authority Station at Harwell. Seed are bombarded either with neutrons or with gamma rays and then planted in the country in natural conditions.

Tests have been going on for several years, a spokesman for the Authority said recently. Seeds are irradiated in a reactor at Harwell. They are radioactive only for a very short period when they are in the pile and soon as they are removed they lose their radioactivity.

Among the types of grain which have been subjected to irradiation recently is Koga Two, the hard wheat which did well at last year's Royal Winter Fair at Toronto. A soft wheat called "Poko," Pendle oats and several new strains of barley for the continent have also been used. Each grain has been hand-planted two inches apart and the first blades should appear shortly.

Progress of the experiment is being closely followed by the plant geneticists, agronomists and farmers. The outcome however is conjectural. Neither scientists nor farmers will jump to a conclusion quite quickly than any known.

Gomma rays were at first widely used in the experiments, but no neutrons are preferred for

### New method for debarking logs

The machine age has brought a new look to log pounds across the United States—logs floating in the raw.

Novel steel machines now give bark the business, where formerly almost all bark was removed by hand. They slice it, beat it, knead it, chew it, gnaw it and otherwise strip it off.

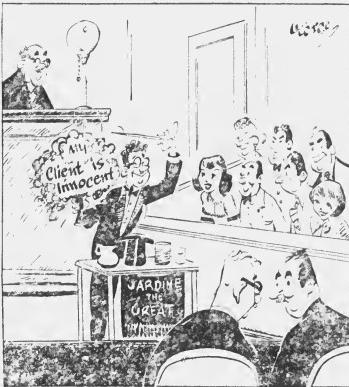
New markets for products requiring bark-free logs caused the speed up the debarking process wood fibre industries of the Pacific Northwest and the South to through mechanization.

Steelways, publication of American Iron and Steel Institute, says that probably the most dramatic of all the new machinery is a hydraulic debarker for king-size logs.

Under pressures up to 1,800 pounds per square inch, 1,000 gallons of water per minute are forced against each log through a steel nozzle, debarking in the process.

## Ticklers

By George



"As a defense attorney he knows all the tricks!"

## Weekly Crossword Puzzle ::

### Crossword

### Here's the Answer



### PEGGY



### THE TILLERS



## Ten-Word INTELLIGRAM

Check the correct word.

- 1—This year's Oscar for best actor went to (Ernest Borgnine) (Burt Lancaster).
- 2—This year's Oscar for best actress went to (Susan Hayward) (Anna Magnani).
- 3—He starred in (Marie) (I'll Cry Tomorrow).
- 4—She starred in (The Rose Tattoo) (I'll Cry Tomorrow).
- 5—Tunisia (has) (has not) won independence.
- 6—The Navy's mightiest warship (is) (is not) an aircraft carrier.
- 7—She is the (Forrestal) (Ticonderoga).
- 8—India's prime minister, Jawaharlal Nehru, will visit the United States in (July) (December).
- 9—Danger of an Arab-Israeli war (has) (has not) increased.
- 10—Land-slide victory in the Minnesota primary was won by (Adlai Stevenson) (Sen. Estes Kefauver).

Count 10 for each correct choice. A score of 8-10 correct; 30-60 average; 70-80 superior; 90-100, very superior.

### Decoded Intelligram

Keweenaw—Hills 6—1—Forests 8—Jobs 9—Hills 10—Eels 1—Eels—Benton 2—Anne Maranen 3—Mills 4—Tire 5—

—By Chuck Thursday

—By Les Carroll



Coleman School District No. 1216

**NOTICE**

Parents of children whose birthday is before December 31st, 1950, must register before June 8th, 1956, for all beginners for Grade I. Registration will prevent disappointment.

Register at the office of the Secretary, Central School, or the Principal, Cameron School.

**Please Bring Birth Certificate****It Is Important**

That all Children be registered in order to receive the

**Salk Vaccine**

NORA GOULDING,  
Secretary.

**Mixed Dart Tournament**

will be held in the

Coleman Legion Club Rooms

**Monday, May 21****CASH PRIZES**

Players names will be drawn on Monday, at 10 a.m.  
Names must be in before 9 a.m.

TOURNAMENT STARTS AT 2 p.m.

ENTRY FEE \$1.00 Per Person

**WILLIAMS MOVING & STORAGE**  
(CRANBROOK) LIMITED**Long Distance Movers**

FROM ANYWHERE TO ANYWHERE

Ship Without Crating By Our Padded Vans

We specialize in packing and moving of household effects

Box 787 - CRANBROOK, B.C. - Phone Ju 6-3211

- Branches in -

Vancouver - Prince George - Penticton - Cranbrook

**COLEMAN ELKS****PRIZE****BINGO**

IN THE

**Elks' Hall, Coleman**

ON

**Fri., May 18**

AT 8 p.m. SHARP

**Admission: \$1.00 for 12 Games**  
**BONUS CARDS 25¢**

NOTICE---Anyone Playing Bingo, Adults or Children, must purchase a \$1.00 Admission Ticket

**\$90 Jackpot to go in 56 Numbers**  
**Also \$25 Cash Prize and 10 Good Prizes**

Come and get credit for Season's Attendance Jackpot.

Bring your Credit Cards with you.

AMPLE PARKING SPACE IN LOT AT THE REAR OF THE BUILDING

The Journal, Coleman, Alberta

**THE COLEMAN JOURNAL**

Published Wednesday at Coleman, Alberta

Authorized as 2nd-Class Mail by the Post Office Department at Ottawa

T. Holstead, Publisher

Subscription Rates \$3.00 per year, Foreign \$4.00 per year. Single 7¢

**OTTAWA FOLLY**

It's a strange and confusing age we live in, and recent events in Ottawa make the doings of Hollywood stars seem restrained and normal. The prima donnas of Ottawa have money around so freely they make even Cecil B. De Mille's press agents look like pips.

A recent example is the Trans-Canada Pipeline deal, in which the Minister of Trade and Commerce has elected to star. The "chosen instrument" of the government of Canada is dominated by Tennessee Gas Transmission Company, and has a record of broken promises as long as both my arms.

It has let down Mr. Howe himself and all the people of Canada.

It ought to be tossed off the set and a new cast of players selected; but apparently Ottawa — once engaged in an act of folly — will never retreat.

Unless the people demand it!

Unfortunately for the Ottawa prima donnas it is not pretty generally known that a new cast of players is readily available. Those in the know claim that the Frank McMahon interests, which built the successful West Coast Transmission line, offered to build the

pipeline from Alberta, through Winnipeg, over the top of the lakes to Montreal, without any government financing or guarantee of any description. It is rumored that Mr. McMahon was willing to post a half-million dollar bond that he'd complete the whole line by 1958; that he'd build the line as far as Winnipeg by this winter.

But the prima donnas hate to admit they've been let down by their "chosen instrument". Now, on top of all the other inducements they've offered to Trans-Canada, they propose to lend it \$80,000,000 of public money to get started.

This sort of activity has generated a good deal of heat and dismay, even among Liberals. A Manitoba MLA Jack St. John, has asked Ottawa for an explanation. Liberal newspapers, too, are beginning to ask mighty sharp questions. Manitoba is convinced it could have natural gas flowing through Winnipeg by next winter without a cent of public money expended, and without further dilly-dallying with the Tennessee people, in whom they've lost all confidence.

**Calgary Stampeders Play Football "Their Way" With 'Pass'**

The Calgary Stampeders' representative, Mr. Hinmier met with representatives of Coleman's town council, Board of Trade, the Sports Association, Lions Club, the Elks, and Coleman's Colleagues on Sunday, May 5th in the town hall to discuss the feasibility of having the football club hold their summer training camp here in Coleman. The Coal Company gave generous offers of shower rooms, and the local hotels offered rooms with board at a very special price. The sports field was measured and everything possible was extended to the club for a training centre that any town could offer.

Now let's analyze the negotiations—First, was this only a social call by the Stampeders Football Club representative, at least that's how it appears, inasmuch The Albertan, a Calgary morning newspaper carried the news Monday morning stating that the Stampeders Football Club had decided to make Nelson, B.C. their training headquarters. How Come?

When the football representative stated that no decision would be made before Monday evening, it's quite plain to anybody that there was no intention on behalf of the Calgary Club to consider any other point on Sunday or any other day, when the decision had already been made while they were talking to us. We wonder how much support will be given from Nelson, or how much from Southern Alberta as other towns were treated in much the same fashion as we were. Why? was the time of our organizations and don't forget their efforts so loosely used on Sunday if the decision had already been made. There is no need to wonder now why the Stampeders have had so much controversy within their organization the last few years if this is an example of how they do business. This newspaper will not quote the derogatory statements made about this phase of negotiations that has gone on between our town and the Stampeders. It appears that we were not the only ones given the run-around, I refer to the article published by Mr. Bud Slapak in The Pass Herald on Blairmore efforts. We understand Taber, and Lethbridge failed no better.

Calgary Stampeders Do It Again  
By Bud Slapak

BLAIRMORE — The following is an account of the dealings that were held in the Pass concerning the Stampeders last weekend. Before I begin, I would like to congratulate both Coleman and Blairmore for their efforts in trying to get the Calgary football club to train in the Pass. Those that were responsible for the invitations extended to the club realized the great benefits that would have been gained in advertising, etc., had the team used the Pass for a training camp. With this thought in mind, contact was made and Bob Hinmier visited Blairmore and Coleman last week end. I am not sure just what Coleman offered the club but the

**NOTICE****The Alberta Liquor Control Act**

The Special Committee appointed by the Legislative Assembly at the recent Session for the purpose of reviewing the provisions of the Alberta Liquor Control Act in order to recommend amendments thereto, will receive written briefs from interested persons, groups, and organizations prior to June 1st, 1956.

Representations in support of the briefs submitted by organizations or groups only will be heard commencing June 18th.

Organizations and groups that submit briefs will be advised when to appear before the Committee.

Twelve copies of the briefs should be sent to: The Clerk of the Legislative Assembly, Legislative Building, Edmonton, Alberta.

R. CREVOLIN, Secretary of Committee.

**"Dollars and Sense"**

One of the best ways to encourage good sound sleep

is to have a good sound bank balance. Regular savings can make life a lot pleasanter in a hundred and one other ways. You may want the down payment on a home of your own, a TV set or a car... perhaps the children's education is on your mind or a leisurely retirement someday. Whatever it is that you want or need, you have to learn the secret of putting something by regularly. Pay by pay you store away the money except in emergencies till you reach your savings goal—then you start saving for the next one. Why not open a Savings Account with us today?

**THE CANADIAN BANK OF COMMERCE**

COLEMAN BRANCH - E. D. HOWARD, Manager

**SMALL REPAIRS COST LESS**

Call in and let us check your car or truck and help you save on those large repair bills.

Towing and Wrecking Service—Light or Heavy  
**THE MOTORDROME**  
Phone 3645, Coleman . . . Len Smith, Proprietor

**WE PRINT****Wedding Invitations**

Call in and see our Samples

Wedding Cake Boxes For Sale

*The Coleman Journal*

**BUILDING CONTRACTORS**  
Builders' Headquarters  
**Celli's Building Supplies**

**New Forestry Caravan  
Donate to Canadian  
Forestry Assn.**

At a presentation in the Legislative Building grounds on May 4th, Mr. H. G. Ronson, district manager, Mercury, Lincoln, Meteor division, Ford Motor Co. of Canada, Limited, turned over to the Canadian Forestry Association a 1956 Meteor Sedan Delivery for use in carrying on the Association's forest conservation tours in the forested areas of the Prairie Provinces. Mr. Wm. McCrae, president of Pioneer Grain Company and chairman of the Associated Manitoba Board of Directors, accepted the car on behalf of the Association, expressing appreciation on this generous help in carrying on the Association's educational tours. Also present were Mr. J. C. Cowan, Deputy minister, Department of Mines and Natural Resources, Province of Manitoba; Mr. J. G. Somers, Provincial Forester, Manitoba Forest Service; Mr. V. B. Newman, chief, Fire Protection, Canadian National Railways, and Mr. F. G. Nicholson, Public Relations, Ford Motor Company of Canada. Mr. Newman and Mr. Somers are directors of the Canadian Forestry Association.

tion. Alan Beaven, manager of the Association's Prairie Provinces division, was also present.

The Ford Motor Company has generally been supplying vehicles for the Association's educational tours during the past number of years. Donated on an indefinite loan basis, the cars are replaced by new ones every second year as the Company's contribution to the important work of forestry conservation. Like its predecessors, this handsome new vehicle is painted a bright red and suitably lettered with the Association's crest and name on the sides, and an appeal "Prevent Forest Fires" on the panel of the rear door. This new vehicle is also equipped with safety seat belts, padded instrument panel, deep dish steering wheel and safety door locks for the driver's protection. These "forestry caravans" have become a familiar visitor to hundreds of forest communities in all three western provinces. Completely equipped with sound projectors and a portable power plant, they carry Association conservation officers over itineraries arranged in co-operation with the Provincial Forest Services, with the meetings held attracting large audiences. The car replaced by this new vehicle travelled 31,518 miles

**Co-ordinator of  
Cultural Activities  
Is Appointed**

It is announced by the Honorable A. Russell Patrick, Minister of Economic Affairs, that Mr. Walter J. Kaasa has been appointed Co-ordinator of Cultural Activities in the Department of Economic Affairs, and will assume the post July 2.

Born in Cabri, Sask., and resident in Alberta 25 years, the new co-ordinator has wide experience as teacher, actor, figure skating instructor and producer.

He obtained his B. Ed. degree at the University of Alberta, majoring in drama. He went to London on a Canadian Amateur Hockey Association scholarship in

the past two years, during which 510 meetings were held, attended by 72,578 people.

These tours are playing an im-

portant part in securing public

co-operation in the prevention of

forest fires and in wider accept-

ance by those living in and near

our forest areas of their personal

responsibility towards forest re-

sources upon which most of them

depend, directly or indirectly

for a living.

Active for three seasons with the Studio Theatre in Edmonton, Mr. Kaasa has also lectured and adjudicated in B.C. in the field of drama. In Edmonton, he organized a group of high school students in the Pirikape Players and currently has been teaching drama at Victoria Composite High School.

Active also in figure skating, the new co-ordinator has taught skating and produced ice musicals at a number of central Alberta points.

He served in the navy during the war, and has taught school at Wetaskiwin and Ponoka

**Coleman B.P.O.E. No. 117, Proudly Present  
IN THE ELK'S HALL, COLEMAN, ON**

**Fri., May 25th and Sat., May 26th**

AT 8 p.m.

**Coleman's Dancing  
Class of 44 Girls**

Directed by MRS. J. HOLYK

**Plus a COMEDY by the  
Coleman Players**

CAST—Mrs. Polly Purvis, Mrs. Marianne Mozell and Art. Graham

**Admission: Adults 50c, Children 25c**

Dial 3703 | **PARK'S** | Prompt Delivery

Sugar, 10 pounds	- .97	Kleenex, regular, 2 for	.39
Tea Bags, Red Rose 120's	\$1.79	Kleenex, economy size	.39
Perky Dog Food, 6 tins	.69	Foil Wrap, roll	.35
Vigro, Best for the Garden 10 lbs. for	.69	Aerowax, qt. tin, each	.75
Lawn Grass Seed, McKenziesib. .99		Margarine, 3 lbs.	.95
Marshmallows, Angelus pkt.	.40	Wax Paper Refills, 2 for	.55
Corn, Cream Style, 3 tins	.49	Johnson's Wax	
Peas, Prairie maid, 3 tins	.44	Paste Wax, 2 lbs.	\$1.19
Poppy Seed, pound	.50	Half Gallon Hard Gloss	\$1.99
Milk, 6 tins	.95	Kleen Floor, 1 tin for	.65
Peaches, choice, 2 tins	.55	both \$1.99	
Raspberries, choice, 2 tins	.59	Javex, half gallon	.59
		Miracle Whip, qt. jar	.85
		Brown Sugar or Icing, 2 lbs	.25



**No Meal Is Complete Without  
BREAD and  
PASTRY**

Good Material and Fine Workmanship  
go into our products

Be sure you have some of our delicious, wholesome pastry ready  
to put on the table when company calls.

**Timmerman's Bellevue Bakery Products**

A. Timmerman, Proprietor.

Telephone 4643, Bellevue

# Sale of

## Made-To-Measure TIP-TOP SUITS For Men and Ladies

**20% OFF**  
OR  
**1c for Extra Pants or Skirt**

AT REGULAR PRICES

## Frank Aboussafy

Main Street, Coleman

**LOWE BROTHERS**  
New Booklet

"Painting is Fun"



Everybody is doing their own painting now. And small wonder—modern paints are so easy to put on, professional quality results so easy to obtain. LOWE BROTHERS new booklet "Painting is Fun" is a complete guide to any normal paint job you may want to do. It tells you how to prepare the surface for painting, how to mix the paint, how to apply it and discusses the right tools and their care. It also gives you special tips for special jobs—like enamelling furniture, painting doors, wallboards, "cutting in" and masking. Make sure you'll have fun painting and come in for your FREE copy of "Painting is Fun" today.

**The BEST Paints come from  
Lowe Brothers**

## MODERN ELECTRIC

Main Street, Coleman, Alberta

**YOUR LOWE BROTHERS DEALER**

well received by the crowd.

Other artists enjoyed by the assembly were Mr. R. McCutcheon, Mrs. A. Sygatuk of Coleman; Mrs. R. Mark of Blairmore; Mrs. Watson, Blairmore; Ed Womersley of Blairmore; Betty Audebut and Violet McLean of Pincher Creek; Ellen Jones, Hillcrest; Adam Wilson and Bill Goodwin, Coleman.

An enjoyable day was concluded with the singing of "Jolly Good Fellows".

  
**Attend Church**

### ST. PAUL'S United Church

— COLEMAN —  
Rev. R. MacAulay, Minister

Sunday, May 20  
10 a.m.—Church Service.  
11:15 a.m.—Sunday School.  
7:00 p.m.—Church Service.

2nd Monday of month:  
7:30 — Good Will W.A.  
Tuesday: 7:15 C.G.I.T.  
Wednesday: 3:30 — Mission Band: 7:30 — Senior Choir Practice.

Thursday: 7:00 — Junior Choir practice.  
First Thursday of month:  
7:30 Senior Ladies group.  
Second Thursday of month:  
7:30 — Women's Missionary Society.

Friday: 3:00 — Explorers: 6:00  
— Tyros.

### Classified Ads

#### FOR SALE

FOUR ROOMED HOUSE—  
complete with bath room,  
back porch and full size  
basement with furnace.  
Good location in West Cole-  
man. Apply to Mary Vrak-  
ovy, or Phone 3862. 3sp.

#### FOR SALE

TWO four roomed houses on  
2nd Street, West Coleman.  
Cheap for Cash. Apply to  
Mrs. M. Gurksnis, Coleman  
3sp

**- O-K -**  
**RUBBER STAMPS**  
PROMPT SERVICE

Mrs. H. Maslen acted as master of ceremonies, to introduce mirth provoking fashion show staged by members of the Claresholm auxiliary. This featured fashions of the years 1929 onwards and was

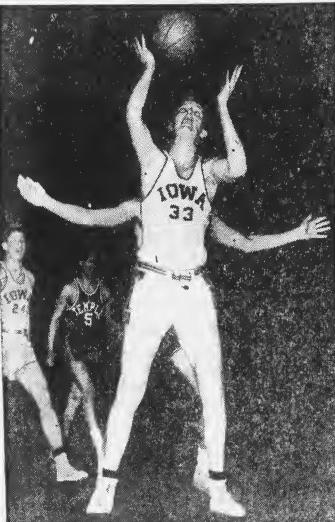
# World Happenings In Pictures



**BLACK AND BLUE** are the colors sported by Detroit's Red Kelly. Souvenirs of playoff games are the "mouse" under his right eye and the ugly gashes at the side of his mouth. He wore a mask in the opening game of the Stanley Cup final against Canadians.



**MODEL OF QUEEN**—This new model of the Queen in the full robes of the Sovereign of the Order of the Garter can be seen by visitors at Madame Tussaud's Waxworks Exhibition, London. Standing beside it is the third model of the Queen, appearing in the exhibition since 1928. Miss Joan Bertrand, the warlike mistress, is shown with it.



**BIGGEST TALENT** — An unidentified gladiator contributes the four-armed effect to the picture as Iowa Hawkeyes forward Bill Schutte makes a recovery in a cage battle with the Temple Owls at Evanston, Ill.



**TAKES 40th WIFE**—Tall, bearded Bedouin chief, Sheikh Suliman of the Husseini tribe in the Negev grazing lands of Israel, has decided to take as his 40th wife, 18-year-old Brigitte Marogah, a German girl waiting in the Bavarian town of Landau for the abolition of the ban on Germans entering Israel. Suliman is reported have 15 sons by his previous 39 wives.



**FATHER AND SON TEAM**—Unique in the history of trans-Canada air lines is this father-and-son team who became the first pilot and co-pilot of the same TCA plane on a scheduled flight from Toronto to Windsor. Arthur Holloman, senior, was the pilot and his son, Armand, co-pilot. They are seen just before take-off.



**THE SILENT ALARM**—Trappist monks scan the heavens day and night from rooftops of Our Lady of New Melleray monastery, Dubuque, Iowa, as members of the nation's Ground Observer Corps. Those among the complement of 40 sky-watchers who man telephones to the Air Force Filter Center at Des Moines have been granted special permission by their religious superiors to break the order's vow of silence. The monks normally communicate by means of hand signals only.



**YEAR-ROUND EASTER TREAT**—This small boy has solved, to his heart's content, the mystery of where the Easter bunny lives all during the year. It's in this gigantic Easter egg, of course. The glorified rabbit hutch is one of the featured attractions in the "Enchanted Forest," children's amusement park near Baltimore, Md.



**WISTFUL VISTA FOR UNIQUE BIRD**—Tiny turkey poult on scale, hatched from an unfertilized egg (parthenogenesis) in turkey eggs, at Department of Agriculture's research center, Beltsville, Md. The bird, first of known parthenogenetic origin to live for more than a few hours, has already made poultry history! Dr. Olsen and coworkers hope to determine whether the poult can be used as a breeder, to test, against normal breeders, the incidence of the occurrence and whether it is hereditary. Researchers hope it will provide a key to unlock at least part of the mystery surrounding fertility and hatchability of turkey eggs, a serious problem to the turkey industry.



**HARVEST TIME**—The pay's good while it lasts—about \$1,000 an hour. Natives of Pampatar on the Venezuelan island of Margarita net a twice-yearly haul as schools of bonita make their migratory runs past the island. The average catch of about 6,000 fish takes three hours to bring in. Price received for each fish represent about 30 cents in American money.

## OUR COMPLETE SHORT STORY —

**lazy boy**

—By I. DE LA TORRE

**HIS** sneaks raising puffs of the crackling twigs. He was still in dust. Billy raced down the poking it into position as he path to the lake. Now he stopped, drawled out, "Hey, Joe. Member snatched an overhanging branch? Horsey Sinder? Jus' heard other and clung to it, gasping for day he lost his leg ridin' onnah breath. After a backward glance Santa Fe Trackman followed up satisfied him that the little white schoolhouse no longer showed through the trees, he jerked up his blood feet ten miles."

"School?" he mumbled to himself. "I'm sick of it! And if Ma put on any more crying acts when I talk about quitting, it just ain't going to do her any good. I could fake my age and join the Navy to see the—Nah! I'll just drift around, free like a kite."

Now that his future was so promptly settled, Billy looked around for something to attract his immediate interest. A thin column of smoke from the clearing caught his eye.

Funny time for anybody to have a fire on the beach," he told himself and dashed across. The two men crouching over the fire turned around as Billy approached. Both wore shabby clothes, and their faces looked as if untouched by water or razor for weeks.

"You — you tramps?" Billy blurted.

The two men looked at each other and the one sitting on an overturned barrel can answered.

"Yeah, we're bums. What you doin' here? Ain't you supposed to be in school?"

"Sure. Just taking a vacation today," and Billy grinned, pleased with his wit.

The big man who had just spoken picked up a twig, snapped it, threw it on the fire.

"Hey, Joe," he grunted to his companion, "what yuh say duh kid joins un wid us?" He put his hand on the boy's shoulder.

"You mean goon around tramping with you?" Billy broke in.

"Yuh know what hit ride rails, kid?" Joe inquired.

"Sure—sure I do." Billy wasn't as certain as he sounded, but from what he had seen of "riding the rods" in the movies it looked easy enough.

The first tramp picked up a rusty can and with the aid of a stick propped it in the centre of

**Foreign themes  
in new fabrics**

Decorating fabrics this year follow color and design ideas from many countries.

The Far Eastern theme appears in everything from upholstery to draperies, and the golden tones associated with Oriental designs assume major importance.

Yellow, ranging in hue from pale pastels to bronze-golds, emerges as an outstanding decorative color for spring.

From Southern Europe comes a wide range of blues, greens, wine-reds, rich purples and browns. Attractive floral prints blend well with French Provincial, while geometrics are liked in Scandinavian-influenced modern settings.

As for the fabrics themselves, most important news is the abundance of easy-care blends of synthetics and natural fibres, with the emphasis on texture.

"Awh, that guy could'n hold onuth a kiddie car 'out fallen off. Yeah, got yoid Beardy Oster got it, too las' week. Head crushed 'ween couplets 's it was eh squashed egg." Here Joe paused and pointed to Billy's feet.

"Mike, wudjahn ast dahl tub gummie his shoes? Mine's ain't got 'nuf sole on 'em 'tub grud up fer chewin' tobacco."

"Mine?" Billy cried. He held one foot forward for them to see. "These are my only school shoes and I—"

"Yeah—yours." Mike snarled. "Yuh ain't going tub school no more, is yuh?" He started to stand up but Joe motioned him down. "Awh, lettem have 'em. He'll be wearin' newspaper 'round his foot soon nut. We got 'nother forty below winter of las' year an' no doubt dahl remains of muth toos'll get frozen off. Hah, mubbe min' feell be little 'nuf tub wrap intuh dae tabloids," he finished, chuckling to himself.

Billy, kneeling beside the fire, watched the dying flames and fidgeted with the buckle on his belt.

"Yuh scatchin' agin?" Mike grunted at his companion.

"Can't help it, Mike. Jus' thinkin' bout dat flop jern last night. Jeetz! Dos bedbugs crawlin' over me innah dark was so big I figgered mebbe dey was turtles."

Mike grinned broadly and picked up his stick to poke the can. "Chow's on," he called to Joe.

Billy leaned over and peered into the can. "What—what is it?" he stammered.

"Stewed pig tails." Mike drawled. "Aint often we get such huck as tub get such good eat as this, do we Joe?"

"Yeah, 'member dat time we couldn't get mutton but fish heads outta dae garbage pails? Musta been times wasn't much meat round."

"Here, kid." Mike was proudly holding up the can. "New members foist. Gobble it down when it's still good'n, hot, boy."

"No—no thanks I—I—" Billy's lips clenched together and his hands went instinctively over his mouth. He shook his head and fled.

Mike dropped the can, threw back his head and laughed until he sank to the ground exhausted. His companion wiped a laugh-tear away.

"What did you do, Mike?" he panted. "Broil our worms?"

Mike nodded. "The fishing was getting terrible, anyway." He rose wearily off the ground. "Come on, let's look for the canoe and start home. And please remember, dear brother, that it's your turn to take mother to a fish dinner at the Seafood Grotto."

Ancient Egyptian kid sandals unearthed by archeologists have retained their brilliant colors after 4,000 years.



**JOE DIMAGGIO AND SON**—While the rest of the baseball world is busy with spring training, retired Joe DiMaggio spends an afternoon with his son, Joe Jr., 14½, around a pool at Beverly Hills, Calif. DiMaggio enjoyed a short visit with his son before flying to New York.

**Why exercise?**

BY S. F. CALDWELL

Physical Director, Regina Y.M.C.A., Regina, Saskatchewan

Research data recently published exercises in terms of personal health, strength and vitality can has pointed out the low fitness not be overstressed. Few people level of the North American realize that sedentary living brings about a gradual shrinking and obliteration of the capillaries in the heart muscle, lungs, and in the muscles. It should also be, point that headaches and insomnia go hand in hand with the physically untrained state.

Recent data from Dr. Hans Kraus has shown that by giving exercise to people with lower back pains the result for most of these persons was the elimination of the painful affliction. While the improvement may be attributed primarily to increasing strength in the pelvic area, promotion of circulation in the lumbar and sacral area was tremendously important.

Exercise leads to greater strength, agility, balance, endurance and flexibility. The types of activity an individual may engage in to receive an adequate amount of exercise are walking, hiking, skating, swimming, calisthenics, weight training, track and field, wrestling, gymnastics, etc.

Games also play an important role in the physical development of the individual, but they are only a part of the physical training picture. Most games exercise and develop the muscles of the thighs and legs and entirely miss the arms, shoulders, chest and back muscles.

A varied exercise program, involving the large muscles of the lower and upper body will not only enhance the appearance of the individual but also the physical efficiency so he may better serve himself and others.

The need for more exercise of a vigorous nature is greatly in evidence in our era of television, movies and spectatorism.

Experiments have shown that individuals who exercise are subject to fewer colds, less nervous tension and fewer backaches than persons who live a highly pressured life of appointments and tense, frustrating situations with no outlet whatsoever.

The tremendous importance of

**Make retirement  
a new career**

Many busy active people find that after retirement they cannot stand the monotony of idleness. Once the lifetime job is ended there should be a substitute to occupy hands and mind. For at least ten years before retirement, a lot of time should be spent in choosing and experimenting with various hobbies and sparetime occupations, to be commercially profitable or not, according to the need for money to help eke out the pension. There are many volumes available in most public libraries in which various hobbies are described, and most people will find several of interest for their later "career."

The need for more exercise of a vigorous nature is greatly in evidence in our era of television, movies and spectatorism.

Experiments have shown that individuals who exercise are subject to fewer colds, less nervous tension and fewer backaches than persons who live a highly pressured life of appointments and tense, frustrating situations with no outlet whatsoever.

The tremendous importance of

**GARDEN NOTES****Frequent change of residence  
no obstacle to good garden**

Even people who have just moved into a brand new house can have a good garden and have it this season too. Even those who rent and move every few years can also have an excellent showing. In these cases, of course, we rely on annual flowers rather than perennials which must get established. And, it is amazing what can be done with annuals exclusively. We can get vines that will cover a porch in a matter of weeks, things like scarlet runner beans, the modern and vastly improved morning glories. Or we can use window boxes filled with trailing nasturtiums, and semi-trailing petunias, marigolds and zinnias.

For big screens to act as hedges there are all sorts of rapid growing bushy annuals like cosmos, African marigolds, spider plants, larkspur, hibiscus, malope, and others that are listed in any Canadian seed catalogue. These quick growing reach two to four feet and will take the place of shrubbery and give privacy as well as abundance of bloom. As for the regular beds, there are hundreds of annuals from which to choose.

Where we have just moved in we can combine annuals with the permanent perennials which will eventually take their place. In amongst the tiny new shrubs, climbers, and trees, we plant liberally with big annuals and we continue to do this for the first few years until the permanent stuff has got established and requires the full room.

Can't buy this quality. We all know the old argument about it being cheaper to buy vegetables than for the urban man to grow them. That is all very well but it overlooks an important point. No matter how hard, the store and how fast the transportation, it just isn't possible to buy the sort of freshness that comes only with vegetables grown in one's own garden. A little plot where we have a few feet of lettuce, onions, radish, carrots and perhaps a row of beans, tomatoes, or corn, will repay itself many times over just in freshens alone.

Not a great deal of room will be necessary. To make it go further there are various ways of growing two crops, or practically so, on the same piece of land. Of course in this intensive sort of vegetable gardening, extra fertilizer is essential and the soil must be well worked and rich in

**WEEKLY BIBLE  
COMMENT****PENTECOST MARKS  
BIRTH OF THE  
CHRISTIAN CHURCH**

The birth of the Christian church is usually dated from the Day of Pentecost.

Hitherto, Christianity had its growth in the fellowship of the Teacher and His disciples moving about from place to place. But now, with their Master ascended, the disciples became organized into a more definite fellowship.

Originally, Pentecost was a festival held 50 days after the Passover. A Jewish festival, it became a symbol in the Christian church of the outpouring of spiritual power. We speak today of a "Pentecost of grace," a "Pentecost of blessing," a "Pentecost of power."

What did it mean to receive the Holy Spirit? What do we mean by the Holy Spirit? There have been various forms of definition and interpretation, even among those who have accepted the belief in three persons in the Godhead—Father, Son and Holy Spirit. Some have thought of them as three manifestations of the one God.

It is obvious that in considering the Trinity we are in a realm of mystery, where definitions and explanations are exceedingly difficult and where any one man's human conception may fall far short of reality.

Perhaps we may say that the Holy Spirit represented to the disciples the same presence that Jesus had represented when He was among them.

The baptism of the Holy Spirit is the baptism of God—the power of God manifest in the hearts and lives of men.

doubt cropping, we alternate rows of an early kind with a later one, for instance radish and carrots, or lettuce and beans, or peas and corn. We also have less space than normal between the rows, if necessary no more than 12 or 15 inches.

The early stuff, of course, comes on quickly and is used up before the later maturing vegetables require full bloom. Another practice is to follow the harvesting of the first vegetables like the peas, lettuce, spinach, radish, early onions, etc., with another sowing of the same or something else that will be ready say in August or September. Then there are certain crops like squash and pumpkins, that we can plant in the outside rows and we can have staked tomatoes, along the end of any vegetable row and cucumbers along the fence.

Almost every one is inclined to plant far too deeply. With tiny seeds such as that of lettuce, carrots, cosmos, zinnias, poppies, and asters, which are not much larger than the head of a pin or shingle nail, it is not necessary to cover at all. We sow these in the finest soil and merely press in. Then, if possible, we keep the soil dampened until germination starts.

With larger seeds such as nasturtiums, peas, beans and corn, one should cover lightly, say a quarter to half inch. With bulbs or corms of gladioli, dahlias, or potatoes, one plants four to eight inches deep.

**Explain 'pink'  
in chickens**

That pink color appearing in well-done roasted chickens and questioned by housewives is the result of the same chemical reaction that causes redness in ham and other cured meats, scientists have discovered.

Any roasting flame, the researchers point out, produces minute amounts of gases which react with hemoglobin remaining in the flesh of even well-done birds to leave the tinge.

The age of the bird, amount of fat under its skin, heat of the flame and method of roasting determine how much of the flesh turns pink and how deep the color goes, the specialists added.



Genuine Red Cedar  
shingles in the  
economy grades

**CERTIGRADE SHINGLES  
CERTIGRADE SHINGLES**

Dollar for dollar genuine cedar shingles—in the economy grades remain your best buy. Buy a quality product built of material. Cedar lasts for decades, resists all kinds of weather, and keeps buildings snug and dry. Write for free booklet "Red Cedar Shingles" and send for helpful free books on planning.

**FREE!** Send coupon for these three helpful books.

RED CEDAR SHINGLE BUREAU  
550 Burrard Street, Vancouver 1, B.C.

Gentlemen: Please send my copies of the books: "Roof and Wall Shingles," "How to Build a Red Cedar Shingle Roof and Walls," and "Certigrade Handbook of Red Cedar Shingles."

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

Prov. \_\_\_\_\_

**"CARINTHIA" Maiden Voyage**

June 27  
from Liverpool to  
Quebec and Montreal

July 6  
from Montreal  
to Liverpool



The splendid new **CARINTHIA** will make her maiden voyage this summer. She is the third of a quartet of 22,000-ton Cunards especially built for the St. Lawrence. Already in service are her sister ships, the **SAXONIA** and **IVERNIA**. In 1957, the **SYLVANIA**, fourth of these great vessels, will join them.

Early St. Lawrence Sailings  
from Montreal  
RESERVE NOW

**SAXONIA** Fri., April 20  
**ASCANIA** Wed., April 25  
**IVERNIA** Sat., April 28

Travel  
First Class—  
only a few dollars  
more for the  
extra luxury.

Bring Your Relatives  
or Friends  
from EUROPE  
Prepay  
Their Passages  
in Canada

See your Local Agent  
No One Can Serve You Better **Cunard Line** 201 Bank of Toronto Bldg.  
215 Portage Avenue, Winnipeg, Manitoba. • Tel.: 92-4206

2190

# Personalities IN THE NEWS

A mixed dart tournament will be held in the Coleman Legion Club rooms on Monday, May 21, commencing at 2:00 p.m.

Born to Mr. and Mrs. Ronald Hieku at Calgary, a daughter.

Mr. and Mrs. Frank Yates of Natal, B.C., visited their Aunt and Uncle, Mr. and Mrs. J. Yates last week. They are enroute to Europe where they will spend several months holiday and will return home via Bermuda next winter.

Michael Stelmachovich celebrated his 9th birthday by entertaining several of his juvenile friends on Thursday of last week. Games and contests were played after which all partook of a dainty supper with a candle lighted cake centering the table. All joined in singing "Happy Birthday" to Michael.

Mrs. J. Park recently visited her parents Mr. and Mrs. W. Pettifor at Lacombe.

Mr. and Mrs. Edgar Allan were Lethbridge visitors on Saturday.

## Roxy Theatre

A Famous Players Affiliate

### COMING ATTRACTIONS

Thursday and Friday, May 17th and 18th

## "DADDY LONG LEGS"

Fred Astaire - Leslie Caron

All the fun of life is in it, all the joy of love is in it.... Fred Astaire and his latest partner, Leslie Caron, will have the whole world dancing to the music in their hearts....Dances by Astaire and Caron, Music by Johnny Mercer, Ballets by Roland Petit....All wrapped in a de-lightful romantic comedy.

Musical - CinemaScope - DeLuxe Color  
ADMISSION PRICES 65c - 40c 30c

Saturday and Monday, May 19th and 21st



ADMISSION PRICES 65c - 40c - 30c

Special Matinee Saturday at 2 p.m.  
"BATTLES OF CHIEF PONTIAC"

Tuesday and Wednesday, May 22nd and 23rd

## "THE GOLDEN MASK"

Van Heflin - Wanda Hendrix

Van Heflin and Wanda Hendrix find love while searching for a fabulous golden idol...Hidden for hundreds of years—the Golden Mask wreaks vengeance from its tomb...Adventure and Romance in the deserts of Northern Africa.

Drama in Technicolor

Midnight Preview, Sun., May 20th  
at 12:05 a.m.

## "Meet Me In Las Vegas"

Dan Dailey - Cyd Charisse

See a galaxy of stars in a fun filled week at fabulous Las Vegas....She brought him luck but he had to prove that she could also bring him love....The songs "Frankie and Johnny," "The Gal With the Yaller Shoes," "My Lucky Charm," "If You Can Dream," "I Refuse To Rock 'N Roll" and many more....The sights and the gay life of America's greatest gambling spot Las Vegas.

Musical - CinemaScope - Eastman Color  
ADMISSION PRICES 65c, 40c and 30c

Mr. and Mrs. Larsen Rasmussen are the proud parents of a daughter, born on Wednesday, May 9.

Mr. Dave MacDonald, now employed at Cranbrook, visited his wife and family over the weekend.

Frank Oliva, also a member of the University choir, visited here this week.

Miss Mary Baron, who presented a concert here on Wednesday evening, was a guest at the home of Mr. and Mrs. J. Holyk during her stay here.

Friends are glad to see Mrs. Margaret Sauer here and around after a bad case of the flu.

### Brother-in-law of Local Residents Has Close Call

Mr. Charles Hetherington, a former Coleman resident, and a brother-in-law of Mr. Jim May-

ard of Coleman, had a very close call last week when the tank he was welding exploded. Mr. Hetherington was the RCCEME sergeant instructor stationed in Blairmore in 1950-51 and moved to Calgary in 1952 as an instructor in RCCEME workshops. He later was discharged after completing 2 years in the army. Six were spent overseas with the army during World War II. His many friends here in Coleman wish him a speedy recovery.

An explosion set off by a welder's torch rocked the Western Asphalt Ltd. plant at 4103 40th Ave. S.W. Wednesday afternoon, and blew the welder 24 feet in the air, smashing him against the ceiling.

The welder, Charles Hetherington, 46, of 1825 Ash Rd., Bowmont, escaped serious injury. He was taken to General Hospital by Starr's ambulance suffering leg and hip bruising and minor head burns.

Hetherington told the Albertan he had been spot welding an asphalt transfer unit and was walking along the top of the tank when it blew up.

"It felt like I was just being plucked into the air," he said.

A lot of thoughts sure can run through your head in a few short seconds. My first thought was for my wife and the next was the guys working with me (none of whom was injured).

"I thought I was going to eternity. And then I hit the ceiling. A

chunk of steel from the tank smashed right through the ceiling beside me. I guess I was lucky.

"I turned a somersault on the way down and hit the floor standing up. I slipped on something and landed on my hip.

"I was shaken up a lot in the war but it was never anything like that. I thought I was dead."

The Catholic Womens League will hold a

## RUMMAGE SALE

in the Catholic Hall, Coleman

on SAT., MAY 26th

from 2 to 5 p.m.

Coffee and Doughnuts Served

Victoria Rebekah Lodge will hold a

## TEA

and SALE OF WORK

in the I.O.O.F. Hall, Coleman

on Sat., May 19th

from 2:30 to 5:30 p.m.

Tea - 40¢

Everybody Welcome

OYSTERS—Louisiana Small, Cloverleaf per tin 59¢

SMOKED OYSTERS Musketeer, in Oil per tin 25¢

CRAB MEAT — Skipper per tin 55¢

CLAMS—Whole tender Cooked, Cloverleaf 16-oz. tin 53¢

CHICKEN HADDIE — Canadian Pack, 14-oz. tin 33¢

LOBSTER — Fancy Quality, Canadian per tin 98¢



J. M. ALLAN  
Phone 3617  
FOR FREE DELIVERY BETTER SERVICE MORE SATISFACTION

### TREAT Your LAWN and GARDEN NOW

BONE MEAL FERTILIZER	VIGORO FERTILIZER	VIGORO FERTILIZER	ELEPHANT
McKenzie's Specially Treated	Regular, for your Garden	Garden, for your Lawn	Brand Fertilizer
5 lbs. for 49¢	10 lbs. for 69¢	10 lbs. for 89¢	5 lbs. for 69¢

10 lbs. for 25 lb. \$2.59

### - We still have a Good Supply of Seeds - Dutch Sets and Multipliers -

SOAP SPECIAL	SOAP SPECIAL	SOAP SPECIAL	SOAP SPECIAL	SOAP SPECIAL
Sweetheart Toilet Soap 3 Regular Size For 28¢	Lux Toilet Soap 3 Regular Size for 26¢	Jergens' Lotion Milk Toilet Soap 5 Regular Size for 35¢	Woodbury Toilet Soap 3 Bath Size for 33¢	Palmolive Toilet Soap 2 Bath Size for 25¢
Extra Special—Woodbury Shampoo, reg. \$1.20 size for - - 59¢	Extra Special—Woodbury Lotion, reg. \$1.40 size for - - 69¢			
SPECIAL—Chlorodent Tooth Paste, 2 regular 33c Tubes for - - 49¢				
Milk — All Brands, tall tins . . . . .	6 for 95¢			
Koban Coffee — Vacuum Pack tin, lb. . . . .	\$1.09			
Mazola Oil — Gallon tin, each . . . . .	\$2.95			
Nestle's Quik Chocolate Flavor — 1 lb. tin . . . . .	63¢			
Pink Kleenex — Economy package, each . . . . .	35¢			
Sugar — B.C. Pure Cane, 10-lb. Sack . . . . .	98¢			
Lard — Swift's Silverleaf, fresh stock . . . . .	2 lbs. 39¢			
Good Luck Margarine—Fresh . . . . .	2 lbs. for 73¢			
Purex Toilet Rolls — 3 Large Rolls . . . . .	39¢			
Aluminum Foil Wrap—Always handy, roll . . . . .	29¢			
New Oxydol Special—Giant Package . . . . .	73¢			
Surf Blue—For all washing jobs — Giant . . . . .	84¢			
Solvotent—the perfect House Cleaner — tin . . . . .	\$1.05			
Zero — Will not shrink woollens — pkg. . . . .	59¢			
Vel — Liquid Detergent, Pink, no chappel hands tin . . . . .	49¢			
Glide Liquid Starch—Ready to use, Bottle . . . . .	43¢			
Apple Sauce—Fancy quality, 15-oz. tins . . . . .	2 for 39¢			
Blueberries—Sweet, Aylmer fancy, 15-oz. tin . . . . .	35¢			
Pineapple—Crushed or tidbits, Dole's fancy, 10-oz. tins . . . . .	3 for 53¢			
Peaches—Castle Crest, ½'s, fancy, 15-oz. tins . . . . .	2 for 49¢			
Pears—Harper House fancy Bartlette, 15-oz. tins . . . . .	53¢			
Apricots—Pride of Okanagan, choice, 15-oz. tins . . . . .	2 for 49¢			
Raspberries—Ferncliff choice, 15-oz. tins . . . . .	2 for 63¢			
Strawberries—Aylmer fancy, 15-oz. tins . . . . .	2 for 39¢			
Figs—Whole Kadotas, try these, 8-oz. tins . . . . .	2 for 29¢			
Loganberry & Apple Pie Filler—Sun Rype, 20-oz. tin . . . . .	40¢			
Blueberry Pie Filler—Aylmer, 20-oz. tin . . . . .	45¢			
Cherry Pie Filler—Aylmer, 20-oz. tin . . . . .	49¢			
Rice—Fancy Quality Round . . . . .	2 lbs. 35¢			
Vita-B Wheat Germ Cereal—Quick, pkg. . . . .	39¢			
Minute Tapioca—Makes 36 servings, pkg. . . . .	30¢			
Coconut—Fine unsweetened 1-lb. cello pkg. . . . .	35¢			

SPECIAL	SPECIAL	SPECIAL	SPECIAL
1 Sheriff's Honey Spice Cake Mix . . . . .	Royal Instant Puddings Butterscotch, Chocolate, Vanilla . . . . .	Ingersoll Cheese Spreads 8-oz. Jar . . . . .	Chase & Sanborne Instant Coffee . . . . .
1 Sheriff's Butterscotch Instant Pudding BOTH FOR . . . . .	2 Pkgs. for 25¢	35¢	100% Real — SAVE 25¢.
44¢		16-oz. Jar . . . . .	59¢ 6-oz. Jar . . . . . \$1.99

Beans—Green or Wax fancy, 20-oz. tins . . . . . 2 for 45¢

Peas—Mighty Mammoth, fancy, 20-oz. tins . . . . . 2 for 49¢

Whole Kernel Corn—Green Giant, fancy . . . . . 2 for 45¢

Gum—Wrigley's, Carton for . . . . . 99¢

Pork & Beans—Goodness Me, 20-oz. tins . . . . . 2 for 43¢

Tomato Juice—Libby's or Heinz, 20-oz. tins . . . . . 2 for 39¢

Tomato Juice—Heinz, fancy, Gallon tin . . . . . 95¢

Cigarettes—Carton of 200 for . . . . . \$2.98

Always a Fresh Supply of Mrs. Horn's Strictly Fresh Eggs on Hand